



## **Senior Center of York Announces March Events**

**Yorktown, February 16--**The Senior Center of York has scheduled a variety of educational and entertaining programs for March. Participation is open to seniors age 55 or better and their spouses, regardless of age. The Center is located in the Washington Square Shopping Center at 5314 George Washington Memorial Highway (Rt. 17), and is open Monday through Friday from 9 a.m. to 4:30 p.m. The Center is closed all County Holidays. Reservations are required for all sessions, and are on a first-come, first-serve basis. To register, stop by the Center or call 898-3807. For more information, visit [www.yorkcounty.gov/comser/srcenter](http://www.yorkcounty.gov/comser/srcenter).

**Fashion Show Brunch, Thursday, March 8 from 11 a.m. to 1 p.m.** Join us as “Fashion Elegante” of Newport News Parks, Recreation & Tourism Mature Adult Program models a variety of styles in the latest fashions with beauty and elegance. Brunch will include ham and sausage biscuits, waffles, fruit, and beverage. Please register by Tuesday, March 6.

**AARP Driver Safety Program, March 12, 13** – This program is designed for drivers age 50 or over, and will take place on Monday, March 12 from 12:45 – 4:45 p.m. and Tuesday, March 13 from 12:30 – 4:30 p.m. Drivers age 55 or over must attend both classes to receive state mandated three-year automobile insurance reduction. Many insurance companies are giving insurance reduction to drivers age 50 & over with the same attendance requirements. Those less than age 55 should check with their insurance company to see if they are entitled to the three-year insurance reduction. The cost of the program is \$10 and must be paid by check (made out to AARP) at the Senior Center.

Payment is requested at the time of registration. Registration may be made in person at the Senior Center or by mail. There is no **“behind the wheel”** driving performed in this program. AARP membership is not required for registration. Class enrollment is limited to 25.

**St. Patrick’s Day & Birthday Bash, Friday, March 16 from 1 to 3 p.m.** Come celebrate March birthdays with food and fun. The Advanced Line Dancers of the Senior Center of York will perform several Celtic dances. Please register by March 14.

**Riverside School of Nursing Students’ Program, Wednesday, March 21 from 10 a.m. to 12 noon.** Student nurses will be here to talk one-on-one about any health concerns, blood pressure checks, and to give a social activity. Sign up now and be a part of the nursing students’ training experience. Call the Senior Center at 898-3807 to register by March 19 or just drop in.

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**March 2007 Events at the Senior Center of York**

**Culture Day, "Spring Tea & Flowers" Wednesday, March 21 from 1 to 3 p.m.**

Spring into spring with tea and beautiful flowers. Sheri Colbert of Willow's Fine Flowers & Gifts will offer floral and planting tips, and display a lovely floral arrangement. All participants will receive souvenirs and will be eligible for some great door prizes. Seating is limited to 60.

**A Visit to Yankee Candle, Friday, March 23 at 9 a.m.** Join us for an exciting and interactive retail and lunch trip to Yankee Candle Williamsburg. See a demonstration on candle-making, visit the fudge shop, and more. The van will depart from the Senior Center at 9 a.m. and will return approximately by 2 p.m. Unfortunately, seating is limited to 15. Registration will begin on March 1.

**Cake Decorating, Monday, March 26 at 10 a.m.** Bring in your own single or double layer cake and cake plate or container as Bakery Manager of Farm Fresh Kelly Gibbons shares cake decorating tips just in time for Easter or any other special occasion. Cake supplies may cost \$3. Please register by March 22. Event is limited to 15.

Note: Bringing a Lazy Susan is highly recommended.

**Trivia Days,** To continue to celebrate and learn more about history, we will conduct a trivia contest in March. Your knowledge of Women in History could win you a prize. Winners will be chosen in a drawing. Please register at the front desk of the Senior Center to enter this contest.

**Computer Classes and General Computer Use** - The computers are available for general use Monday through Friday from 9:30 a.m. to 3:30 p.m., unless the lab is reserved for programmed activities. To use the computers you must sign in at the front desk.

**Spring computer classes** will be held in six-week sessions and are limited to 9 participants. Contact the Center at 898-3807 for more information to register.

**Beginner Computer Classes at the Center:**

Classes will begin Tuesday, March 13 and run through April 17 from 1 to 3 p.m. Note: Beginner Computer Classes should be completed before attending Microsoft Word or the Internet/E-mail Class.

**Intermediate Computer Classes (Microsoft Word) at the Center:**

Classes will begin Tuesday, March 13 and run through April 17 from 9:30 to 11:30 a.m.

**Internet /E-mail Classes at Grafton Middle School:**

Classes will begin Tuesday, March 13 and run through April 17 from 3 to 4:30 p.m. at Grafton Middle School.

**Craft Activities:** For more details, please call the Center at 898-3807.

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#### **March 2007 Events at the Senior Center of York**

\* **Knitting and Crochet Class:** Mondays, 1 to 3 p.m.

\* **Art Class :** Art Class will meet Tuesdays from *10 a.m. to 3 p.m.* with Instructor Myrna Graham. This class is for anyone, beginner or advanced. Come explore your interests and techniques.

\* **Quilters:** Meet on Thursdays from 1 to 3 p.m.

\* **Scrapbooking Class: Monday, March 12 from 9 a.m. to 2 p.m.**

Becky Wallace of Creative Memories will be available to assist in the organization and layout of your book. Bring your photos and materials.

**Health Day – The Center for Excellence in Aging and Geriatric Health – Wednesday, March 28, at 12:45 p.m.** The Center of Excellence in Aging and Geriatric Health is a non-profit agency funded by a coalition of health care, educational, and civic groups whose purpose is to "improve the quality of life for older adults." Lou Rossiter, Ph.D, will discuss the Memory Assessment Clinic and how it can assist you in making an objective assessment of a loved one's memory loss. Also, learn how the driver evaluation process and Virginia Grand Driver program can help you decide whether to limit, or even discontinue driving. Register by March 26.

**Silver Screen Cinema.** The York County Public Library invites you to join them every second Wednesday at 4 p.m. for an evening of classic movies. The next feature film will be "*Brigadoon*," on **Wednesday, March 14 at 4 p.m.** The Yorktown Library is located at the intersection of George Washington Memorial Hwy. ( US Route 17) and Battle Road. For more information call 890-5120.

**Help Wanted.** We are looking for some volunteer computer instructors. If you can help and are interested, please call the Center at 898-3807.

**NOTES: Dining Club closed March 9.**

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